

DIABETES SERVICES IN ALEXANDRA



It is recommended that the following health professionals form your **Diabetes Management Team** to assist you with the support and knowledge you require to manage your diabetes. You will be at the centre of this diabetes management team along with your family and those close to you. You will still need to see your regular General Practitioner (GP) for checkups and referrals and an Endocrinologist when first diagnosed.

What	Why	Who	Referral	Cost	When	Where	Contact
Diabetes Educator	Assist with diabetes management, monitoring and latest information.	Alexandra District Health	Referral preferred	According to income	Mon & Wed	Cooper Street, Alexandra*	03 5772 0900 www.alexandrahospital.org.au
Dietitian	Assist with advice regarding diabetes and diet.	Alexandra District Health	Not required	According to income	Mon - Fri	Cooper Street, Alexandra*	03 5772 0900 www.alexandrahospital.org.au
Physiotherapist	Assist with exercises that can reduce the risk of developing complications.	Alexandra District Health	Not required	According to income	Mon - Fri	Cooper Street, Alexandra*	03 5772 0900 www.alexandrahospital.org.au
Ophthalmologist	Check for signs of eye damage as a result of diabetes.	Dr Roland Bunting	Yes	Fees and concession rates	Every second Tues & Wed	Cooper Street, Alexandra	03 5772 0900
Optometrist	Check for signs of eye damage as a result from diabetes.	Alexandra Optical Services	Not required	Fees	Wed	66 Grant Street, Alexandra	03 5772 2113
Podiatrist	Check for foot complications and assist with foot care.	Nexus Primary Health	Preferred, but not required	Varies**	Mon & Thurs	Cooper Street, Alexandra*	1300 773 352 serviceaccess@nexusprimaryhealth.org.au
Psychologist/ Counsellor	Provide you with support and strategies to reduce stress and manage lifestyle changes	Alexandra District Health	Not required, by appointment	Free	Mon – Fri	Cooper Street, Alexandra*	03 5772 0900 www.alexandrahospital.org.au
		Nexus Primary Health	Yes for bulk billing	Varies**	On demand		1300 773 352 serviceaccess@nexusprimaryhealth.org.au

**For Nexus Primary Health Schedule of Fees go to <http://www.nexusprimaryhealth.org.au/our-services/our-fees/>.

Nexus Primary Health have limited after hours services for most services at Wallan.

Broadford Optical offers the Victorian Aboriginal and Torres Strait Islander \$10 Spectacle Subsidy.

For further information on diabetes management and prevention visit www.diabetesvic.org.au or call the free **Diabetes Victoria helpline 1300 136 588** or **Koorie Diabetes Infoline 1300 566 743**. Integrated team care – a health program for aboriginal people living with a chronic disease **03 5820 0035**.